

"Taste of Art and Sports" – Project for the physical and mental well-being of female drug abusers under residential treatment (TAS) 體藝同樂助康復

1 August 2020 to 30 September 2022



Introduction

- This territory-wide project aims at provide on-going art and sports activities to female drug abusers under residential drug treatment and rehabilitation (SARDA Sister Aquinas Memorial Women's Treatment Centre), in order to improve their physical and mental well-being during treatment, increase their motivation in completion of treatment, re-establish a healthy lifestyle for long-term drug-free.
- This Project also provides family members with opportunities to participate in art and/ or sports activities, in order to help them release their pressure. It is expected that 75-90 female drug abusers and 180 family members will be benefited from this 2-year project. It is expected that 70% of the participating female drug abusers will show significant improvement in physical and mental health, self-efficacy in refuse drug use and have completed the residential drug treatment. In addition, 70% of the participating family members will experience the benefit of art and sports activities in their own physical and mental well-being. Furthermore, the project will disseminate anti-drug messages to about 600 general public through sharing activities and sharing booklet.

Project Content

- (a) Art and Sports Programme
 - Organize different kinds of sports programme for WTC trainees.
 - Organize different kinds of art programme for WTC trainees.
- (b) Group and mass programme
 - Organize groups for WTC residents, e.g. reflection groups, therapeutic groups.



Artwork



Music Classes



Sports activities



Output and Outcome Evaluation

- Output 1-4 : according to trainees participate in art/sports programmes with an average attendance rate
- Outcome indicator 1: GHQ-12 (pre- and post-test)
- Outcome indicator 2: SF-36 (Chinese version or equivalent (pre- and post-test)
- Outcome indicator 3: Beat Drugs Fund Question Set No. 12 (Pre-test and post-test)
- Outcome indicator 4: GHQ-12 (pre- and post-test)

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	50-60 trainees participate in art programmes with an average attendance rate of 80%	87 trainees participate in art programmes with an average attendance rate 80.74%
Output Indicator 2	50-60 trainees participate in sports programmes with an average attendance rate of 80%	84 trainees participate in sports programmes with an average attendance rate 84.21%
Output Indicator 3	50-60 trainees participate in group counselling with an average attendance rate of 80%	56 trainees participate in group counselling with an average attendance rate 85.1%
Output Indicator 4	40 man-times of family members participate in art or sports programmes	42 man-times of family members participate in art or sports programmes

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	70% female drug abusers show improvement in mental health	81.5% of participants show improvement in mental health (44/54)
Outcome Indicator 2	70% female drug abusers show improvement in physical health	85.2% of participants show improvement in physical health (46/54)
Outcome Indicator 3	70% female drug abusers show improvement in self- efficacy to refuse drug use	70.4% of participants show improvement in self- efficacy to refuse drug use (38/54)
Outcome Indicator 4	70% family members of drug abusers show improvement in mental health	85% of participants show improvement in self- efficacy to refuse drug use (34/40)

Experience Gained

Reason behind success

Many studies showed that art and sports activities were good for the psychological well-being. Results of those studies on the positive effects of art and sports activities were matching with our observation and experience on the female clients of WTC.

Due to the influence of pandemic, some activities were held by Zoom. However, some sports activities could not be held but no outside trainer was allowed to enter to our centre. Fortunately, we had employed a project officer who was a qualified trainer in some new and trendy sports and Art course like Molky, Floor Curling, Pastel Nagomi & Decoupage etc. She could then organise those sports and Art course to our trainee.

The infrastructure of WTC is also suitable for organising Sports activities. We have a large playground for sports event and we need not to go outside for sport venue.

Furthermore, we also had 24 hours medical care to our female clients and it would also assist to protect the safety of our trainees in organising sport game in general.

Lesson learnt

- It was observed that our female clients felt more relax in participating art program and sports activities. Some of them reported that doing physical exercise and learning art help them to control their emotions as well as improve their physical and mental well-being.
- The exposure to art and sports activities helps our clients to realize their own potentials.
- More importantly, they gained more confidence toward themselves and also realized to keep their abstinence with positive and healthy habits.
- Some of them also found their way of their future development and it also strengthened their motivation to drug away from drugs.
- Certificate courses are useful for their future development.

Conclusion

- TAS had organized 38 types of sports and art programme for our female clients with over 2,000 hours training and excercie. Based on questionnaires from participants, the outcome indicators showed the effectiveness of the project in the past 2 years
- Although some activities hold by zoom due to COVID-19, face to face groups or activities are still important for the female abusers.
- Providing Certification Courses are important for their future development.
- Providing internship to the female abusers could help them to increase their self confidence and to better integrate into the society in the future.
- Continuity of the sport training and positive habits are very importance for their future abstinence.

